



HERITAGE



Understanding Medicare

Tuesday, June 18th

12:30 pm

Lowell Senior Center

Medicare can be confusing. At Fallon Health, we understand that. This is why we're offering a free, educational seminar to help you prepare for this next stage of life.



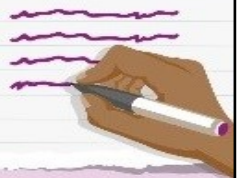
5 WAYS to Make the Most of Your DOCTOR VISIT

Being able to **talk with your doctor** is important, especially if you have **health problems** or **concerns**.

- 1 Prepare for your visit.**
Be ready to ask three or four questions. Share your symptoms, medicines or vitamins, health habits, and any major life changes.



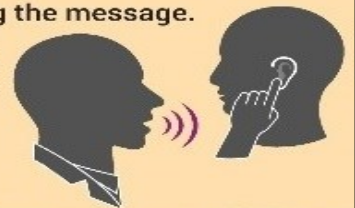
- 2 Take notes or ask for written materials.**
Don't be afraid to ask the doctor to repeat or clarify important information.



- 3 Make decisions with your doctor that meet your needs.**
Discuss risks, benefits, and costs of tests and treatments. Ask about other options and preventive things you can do.



- 4 Be sure you are getting the message.**
If you have trouble hearing, ask your doctor to face you when talking and to speak louder and more clearly.



- 5 Tell the doctor if you feel rushed, worried, or uncomfortable.**
You can offer to return for a second visit or follow up by phone or email.



Learn more about communicating with your doctor:

<https://www.nia.nih.gov/health/doctor-patient-communication>



CITY MANAGER

Eileen Donoghue

Assistant City Manager

Kara Keefe

City Council**Mayor**

William J. Samaras

Vice Mayor

Vesna Nuon

Karen A. Cirillo

David J. Conway

Rodney M. Elliott

Edward J. Kennedy, JR

John J. Leahy

Rita M. Mercier

James L. Milinazzo

**City of Lowell
Veterans Services****Director / Agent**

Eric Lamarche

978-674-1595

ELamarche@lowellma.gov

Head Clerk

Carmen Felix

978-674-1596

CFelix@lowellma.gov

Head Clerk

Nancy McGuire

978-674-1597

NMcGuire@lowellma.gov

Office Hours:**8:00 A.M. - 4:00 PM.****Monday - Friday**

COA 2nd Floor

Fax:

978-446-7270

**SENIOR CENTER
SERVICES****Main Number:****978-674-1172****Fax: 978-970-4134**

~~~~~

**Hours of Operation:****Monday—Friday:****Open 6:30 AM—4:00 PM****Lunch served at 11:30 AM****Saturday—Sunday:****Open 7:00 AM—12 PM****Breakfast then****Lunch served at 11:30 AM**

~~~~~

Interim Executive Director: Kerran Vigroux

kvigroux@lowellma.gov

~~~~~

**Receptionist:** Tara Donnelly

978-674-1171 ~ tdonnelly@lowellma.gov

~~~~~

Civic Events: Carol Lannan

978-674-1169 ~ CLannan@lowellma.gov

~~~~~

**Outreach Caseworker:** Amy Medina Leal

978-674-1167 ~ aleal@lowellma.gov

~~~~~

SHINE**Serving Health Insurance Needs for Elders**

Joan Gong ~ 978-674-1173 ~

Mondays: 8:30-10:30 AM

~~~~~

**COA—Pollard Library Annex ~ 978-970-4186**

~~~~~

Legal Services Assistance & Referrals

For an appointment call: 1-800-342-5297

**COUNCIL ON AGING
BOARD OF DIRECTORS***Joyce E. Dastou**Mary Donnelly**Beverly Gonsalves**Andrew Hostettler, Chair**Eric Lamarche**John R. Lawlor**Vincenzo Milinazzo*

~~~~~

**Next meeting:****Monday, June 10****at 9:00am - Public Welcome****Senior Abuse  
Hotline Number**

To report suspected elder abuse, call: 1-800-922-2275

**DTA Hotline (SNAP/  
Food Stamps)**Direct line for seniors:  
1-833-712-8027**Are you having a  
problem with your  
in-home caregiver?**1-800-243-4636  
Press #5 to speak to an  
Elder Services Ombudsman.



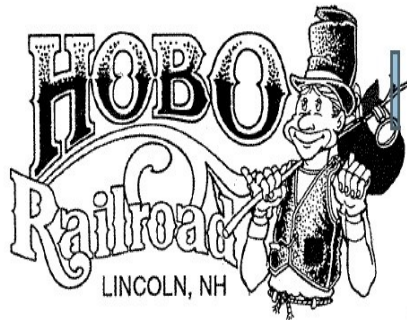
## LCOA bus trips ~ ages 60+ ONLY ... Motor-coach bus trips ~ ages 18+

All trips must be paid **in full one month prior** to travel date. The office is now open from 6:30am-2:30pm. Detailed flyers available outside the 2nd floor office. For more info, contact Carol Lannan at 978-674-1169 or CLannan@lowellma.gov. **All bus trips are loaded by individuals who pay FIRST by date and so on.**

CASINO Trips ... You MUST have your LICENSE or PICTURE ID

Twin Rivers—Stay Tuned for details about August trip!

September Atlantic City trip—6 seats left!



2019 WINNIPESAUKEE SCENIC RAILROAD GROUP TOUR

TRAIN TYPE: TURKEY DINNER TRAIN

TOUR OPERATOR: LOWELL SENIOR CENTER

**\$45**

TRAIN DATE: Friday, October 4, 2019

TRAIN TYPE: Turkey Dinner Train, Catered by Hart's Turkey Farm

Best of Times Travel Proudly Presents

**ELTON JOHN** Live in Concert **BILLY JOEL**

**FACE TO FACE**

**Thurs. 10/17/19 The Ultimate Tribute Show \$79**

**Performed by**  
his identical twin sons:  
**Matthew & Gunner Nelson**

**Thursday, November 14th, 2019 ... \$85**

# Johnny Mathis

## Christmas

**The Ultimate Tribute**  
**Starring David Robbins**

**Tuesday, December 3rd**  
**Danvers Yacht Club \$79**



## \$7.00 Day Trips for ages 60+

### Durable Medical Equipment Loan Program

Mondays-Fridays 8:00 AM to 4:00PM

The Lowell Senior Center makes available Durable Medical Equipment such as the equipment listed below. Our inventory is 100% dependent on donations. What we have available is never the same one day to the next. The City of Lowell is not responsible for any accident from the use of the loaned equipment.

Thank you for your donations, our closet is full at this time! We will be accepting donations again soon!

We may have available for pick-up:  
Rollators, Wheelchairs, Commodes, Shower Chairs, Tub Benches, Canes, Walkers & Crutches.



### June trips on sale ... May ...

Monday ... 3 ... Old Orchard Beach ... 8:30 am  
Tuesday ... 4 ... Salisbury Beach ... 9:00 am  
Tuesday ... 11 ... Ogunquit Beach ... 8:30 am  
Friday ... 14 ... Quincy Market ... 9:00 am  
Thursday ... 20 ... Hampton Beach ... 9:00 am  
Monday ... 24 ... York Beach ... 8:30 am  
Thursday ... 27 ... Newburyport ... 9:00 am

### July trips on sale on June 20 ...

Monday ... 8 ... Salisbury Beach ... 9:00 am  
Tuesday ... 9 ... Rockport ... 9:00 am  
Thursday ... 11 ... Newburyport ... 9:00 am  
Monday ... 15 ... Old Orchard Beach ... 8:30 am  
Thursday ... 18 ... Ogunquit Beach ... 8:30  
Friday ... Hampton Beach ... 9:00 am  
Monday ... York Beach ... 8:30 am

Only 16 seats available until further notice! All \$7.00 trips are payable by check or money orders **ONLY! NO REFUNDS.**

Please be sure to sign-up for trips right away & call if you need to cancel. Some trips fill up fast and we need a minimum of 10 people or the trip could be cancelled. Place & time subject to change!

## Newport Playhouse

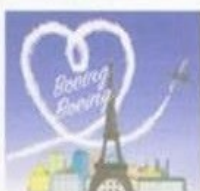
### **Tues., September 17 ... Bingo ... Surf & Turf**



(By Allan Stratton)  
Director: Rick Bagley

David, a young English professor, has his goals of stability and tenure thrown into chaos by an alcoholic colleague, her hysterical husband — his boss — a romantic poetry student, and an insurance salesman with a wife addicted to bingo. Matters become hilariously complicated in this fast moving comedy.

### **Tues., October 15 ... Boeing, Boeing ... Lobster**

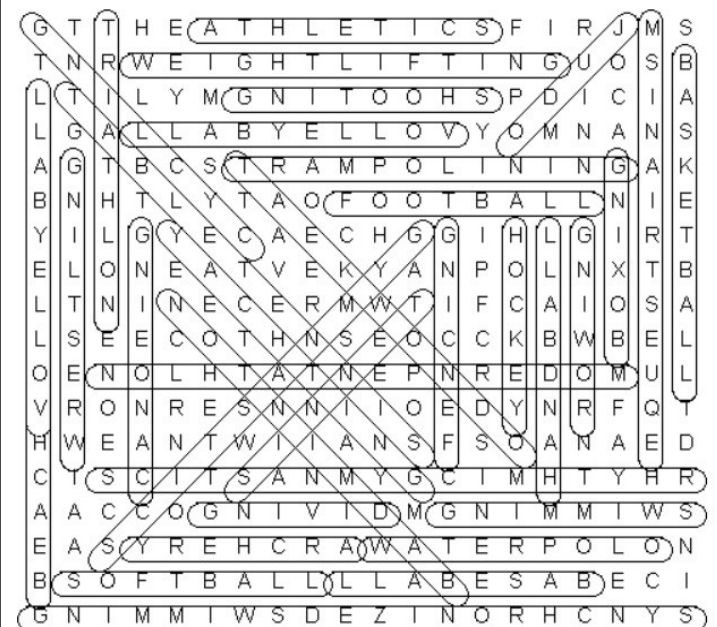


(By Camoletti, Cross & Evans)  
Director: Daniel Lee White

The play centers on bachelor Bernard, who has a flat in Paris and three attractive flight attendants all engaged to him without knowing about each other. But Bernard's life gets bumpy when his friend Robert comes to stay, and a new, speedier Boeing jet disrupts his careful planning. Soon all three flight attendants are in the city simultaneously and timid Robert forgets which lies to tell to whom, and catastrophe looms.

### **Summer Olympics**

Puzzle located on page 14



## Are You Prepared for an Emergency?

Hurricane season is around the corner. That means it's time to prepare your home, car, and loved ones for any potential emergencies. It's also important to remember to financially prepare for any situation. This goes beyond having a rainy day fund. It means having copies of your most important documents, like your family's passports, birth certificates, bank information, insurance documents, and medical records. Keeping safe copies of these or knowing where to get them after a disaster is one of the most important steps you can take to prepare.

### How to create an emergency kit for a person with Alzheimer's:

People with Alzheimer's disease can be especially vulnerable during disasters like severe weather, fires, floods, earthquakes, and other emergency situations. Caregivers should prepare emergency kits and store them in a watertight container. A kit for a person with Alzheimer's may include:

- Incontinence undergarments, wipes, and lotions
- Pillow, toy, or something the person can hold onto
- Favorite snacks and high-nutrient drinks
- Physician's name, address, and phone number
- Copies of legal, medical, insurance, and Social Security information
- Waterproof bags or containers to hold

medications and documents

- Recent photos of the person
- Warm clothing and sturdy shoes
- Spare eyeglasses and hearing-aid batteries
- Medications
- Flashlights and extra batteries



### **For More Information:**

**NIA Alzheimer's and related Dementias Education and Referral (ADEAR) Center** ... 1-800-438-4380 (toll-free) ... [adear@nia.nih.gov](mailto:adear@nia.nih.gov) ... [www.nia.nih.gov/alzheimers](http://www.nia.nih.gov/alzheimers)

**Family Caregiver Alliance** ... 1-800-445-8106 (toll-free) ... [info@caregiver.org](mailto:info@caregiver.org) ... [www.caregiver.org](http://www.caregiver.org)

**Eldercare Locator** ... 1-800-677-1116 (toll-free) ... <https://eldercare.acl.gov>

## Lowell Senior Center Singers

Rehearsals:  
Mondays at 1:00 pm  
2nd Floor Classroom



Mondays  
8:30 am

2nd Floor  
Nurse's  
Clinic

Meet  
Councilor  
Joan  
Gong

First come, first served!

## Foot Clinic

with Diane Stanley, RN

3rd Thursday of the month  
9:00am – 12:00pm ... \$30.00 fee

A Total Foot Care appointment including: foot assessment, toenail trimming and filing, reduction of nails/corns/calluses as needed, education to



help maintain self-care, and a relaxing foot massage.

Call Amy for appointments:

978-674-1167

2nd Floor Nurse's Clinic



## Doctor's, Nurse's & MORE

Blood Pressure & Weight Check with

**Circle Home, Inc.:**

the 2nd Tuesday from 8:00—10:00 am &  
the 3rd Tuesday from 10:00 am—12:30 pm

**Commonwealth Nursing:**

the 1st & 4th Tuesdays  
from 10:00 am—12:00 pm

**Albert Gauthier RN:**

Wednesdays from 9:30—11:30 am

**Dr. George Potamitis from Pro-Rehab:**

Question and Answer sessions

Wednesdays from 10-11 am

Will not be available in June

**FOOT CARE with Diane Stanley, RN**

3rd Thursday of the month

Please call Amy for an appointment  
at 978-674-1167, \$30

**Affordable Hearing with Christopher**

**Streeter:** Hearing Testing, Hearing

Instrument Testing. 4th Wednesday of each  
Month from 10:00am-11am in Board Room.  
Please call 978-674-1172 for appointment.

**AA Meetings**

Thursdays 10-11 am  
2nd Floor Card Room

# COMPUTER WORKSHOPS

## JUNE 2019

**TUESDAYS @ 10AM**

**THURSDAYS @ 2PM**

**Pollard Memorial Library · Senior Center Branch**

2<sup>nd</sup> Floor Computer Lab 276 Broadway St., 2<sup>nd</sup> Fl.

**INTRO TO PCS**

6/4 (TUE) @ 10AM

**Intro to PCs:** A general introduction to PCs. and  
Windows 10, users will also practice using the mouse  
and keyboard.

**INTERNET & BROWSERS**

6/6 (THU) @ 2PM

**Internet & Browsers:** Topics include: opening a  
browser; surfing the web; performing a search;  
and online safety.

**EMAIL**

6/11 (TUE) @ 10AM

**Email:** New users will learn to setup and use email  
using **mail.com**.

**CELL PHONE SKILLS**

6/13 (THU) @ 2PM

**Cell Phone Skills:** Learn to use your smart  
phone to send and receive texts and email;  
attach and download images and documents.

**DIGITAL PHOTOS**

6/18 (TUE) @ 10AM

**Digital Photos:** Learn to upload, download, crop  
and enhance photos from email, smart-phones and  
tablets.

**MICROSOFT WORD**

6/20 (TH) @ 2PM

**Microsoft Word:** Learn how to create, edit and save  
documents with Microsoft Word. PC Skills required.

**Registration is required.**

Register at the Pollard Memorial Library  
401 Merrimack Street at the 2nd Floor  
Reference Desk or by calling  
(978) 674-4121

**Register yourself.**

Visit <http://pollardml.org/events/library-calendar>  
Sort by **Category** and Select **Technology Workshops**.  
Then select **REGISTER** and type in your information.



**Pollard Memorial Library**

Since 1844, Lowell's City Library

## Getting Fit & Staying Fit

with Marian Silk

Mondays and Thursdays:  
9:00 - 9:55 am

Wednesdays: 8:30 - 9:25 am

\$2.00 per class

*(I like to end 5 minutes early so  
we are out the door in one hour!)*



## YOGA

with Christine Connolly, RN, BSN, RYT

500-hour Kripalu Yoga Teacher

Reiki II Practitioner

Wednesdays 10-11 am

Veterans 11:15— 12:15 pm

\$5.00 per class

Benefits? Helps with arthritis,  
flexibility, strength, mobility, range of  
motion, pain, high blood pressure,  
breathing, circulation, & stress!



**Mah-Jong**

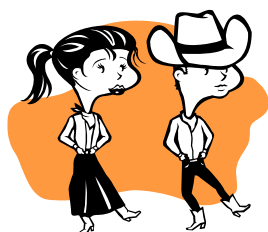
Mondays

12:00  
to  
3:00 pm

Board Room

**Country Line  
Dancing**

with Marcella Groulx

Tuesdays  
(except 2nd Tuesday  
of every month)10:00 am  
to  
12:00 pm

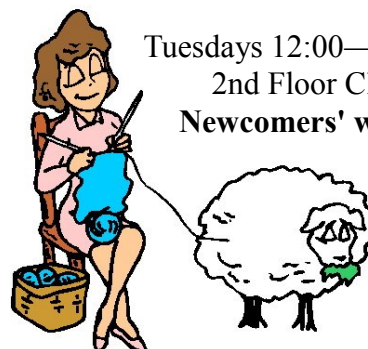
\$5.00

**Reiki**

with Jane Breault

SEE or CALL Tara  
Nurse's Station  
At will offering.A friendly reminder from  
the Solid Waste & Recycling Office:**NO!**  
**PLASTIC**  
**(FILM)**  
**BAGS...**Do Not Bag Recyclables  
No GarbageNo Plastic Bags or  
Plastic Wrap  
(return to retail)These materials jam the sorting equipment used by  
single stream recycling facilities.Film plastic can be recycled at many retail stores including  
Hannaford, Market Basket, Target, and Anton's Cleaners.

Film plastics include:

Thank you for  
your cooperation!**Quilting  
Group**Wednesdays  
12:30—3 pm  
2nd Floor  
ClassroomNewcomers'  
welcome,  
beginners to  
advanced!**TAI CHI**Tuesdays 10:15– 11:15  
8 weeks for \$24 or walk-ins \$5 per class  
2nd Floor ClassroomHelps with: Arthritis,  
strengthening the  
Immune system, High  
Blood Pressure, and  
Osteoporosis!  
Acupressure Points also  
taught: for headaches,  
stress, upset stomach &  
more!**Knitting & Crochet  
Group**Tuesdays 12:00—3:00 pm  
2nd Floor Classroom  
Newcomers' welcome!



## **Veteran's Corner**

### **COFFEE SOCIAL**

Fridays, 8:00-9:30 at the Lowell Senior Center Board Room.  
Presented by Edith Nourse Rogers Memorial Veterans Hospital (Bedford VA) & Lowell Veteran's Services. Join us for coffee, conversation, camaraderie, & support in an informal atmosphere to socialize and discuss issues such as Healthcare, upcoming events, helping others, community involvement, VSO assistance, and benefits. For more info, contact: Steve Hines at 781-687-3173 or Eric Lamarche at 978-970-4070.

### **Veteran's and Widows**

You may be entitled to REIMBURSEMENT OF YOUR MEDICAL EXPENSES if you are an unmarried veteran, or un-remarried widow or widower of a veteran ... call for income & assets limits.

You may also be entitled to FINANCIAL ASSISTANCE: if you are an unmarried senior citizen veteran, or un-remarried widow or widower of a veteran ... call for income & assets limits.

Note: The home you live in and one vehicle are not counted as assets. This is an entitlement of benefits based on your', or your spouse's, military service. Call the Veterans' Services Officer to arrange an interview to see if you qualify for benefits. The law requires the Veterans' Services Officer take your application and forward it to the Massachusetts Department of Veterans' Services. If you need more information please contact your Veterans' Services Officer, Eric Lamarche 978-674-4066 [elamarche@lowellma.gov](mailto:elamarche@lowellma.gov)

### **Lowell Veterans ID card**

The Lowell Veterans office processes a Lowell Veterans ID card for all Lowell residents Monday-Thursday from **8:00 to 9:30**. Must have with you on date of appointment: DD214 ... Proof of Lowell residence ... Current Picture ID (either Massachusetts license or state ID). Please call 978-674-1595 for an appointment.

## **50 cents One Way or \$1 Roundtrip Rides for Grocery Shopping**

Call 978-674-1172  
between 9:00 a.m.  
and 3:00 p.m.  
Mondays-Fridays to  
schedule your ride.  
You must be  
60 or older.

**DTA Hotline  
(SNAP/Food  
Stamps)  
Direct line  
for seniors:  
1-833-712-  
8027**

**The Greater Boston  
FOOD  
BANK**



*In partnership with*

**Elder Services of the Merrimack Valley, Inc.**

*Choices for a life-long journey*

**BROWN  
BAG**

**A distribution of pre-bagged groceries**

**Please bring  
reusable grocery  
bags, baskets, or  
a cart to carry  
your food.**

**DATES:**

June 25  
July 23  
August 27  
September 24

**B - I - N - G - O**

Every Wednesday

12:00—3:00 pm

50¢ per card



*Prize  
amounts vary  
due to  
attendance.*

**PLUS  
additional  
prizes!**



## **Nervous Illness and Indecision**

Indecision often accompanies sensitization. Intense feeling follows the slightest anxious thought so swiftly that the sensitized person seems to be at the mercy of their feelings as if they are beyond their control. They have but to think on one aspect of a problem to feel immediately a strong emotional reaction to it; and then, they only have to think about a different aspect to feel just as strongly about it. These swiftly changing reactions interfere with calm, clear thinking and so make deciding seem almost impossible. The nervously ill person thinks one way one minute, and another the next. Each point of view seems equally important, equally right, and yet, a moment later, equally wrong. Even to take an umbrella, or not, upon going out, can seem beyond his ability to make decisions.

Making a decision is especially difficult when the ill person is depleted and at the same time is trying to decide how far they can trust their strength. They don't want to overdo things, and yet the strain of inactivity is almost impossible to bear.

Indecision and the bewilderment it brings, debilitate, especially if the sufferer is constantly changing their mind and is reacting too intensely to each change. If you suffer this way and understand the effects of sensitization and fatigue and see that it is not necessarily the situation that is causing your present state as much as your reaction to the anxieties and fears associated with it – then if you can do this you are on the road to recovery.

This article is taken from books, written by Dr. Claire Weekes. Dr. Weekes treatment program is discussed in more detail at the Council on Aging Anxiety Support Group on Tuesdays – 2:00 PM – 3:45 PM.

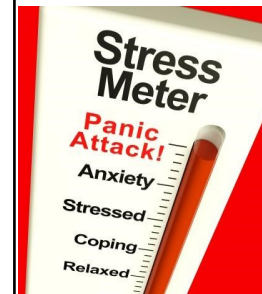
### **5 Tips to Know About Home Improvement Guide to Hiring a Contractor**

It feels as if Summer has not yet arrived but thousands of Massachusetts residents are making home improvement plans for the upcoming year. The Office of Consumer Affairs and Business Regulation (OCABR) has five important tips for getting the most out of your Home Improvement Contractor:

- ⇒ Be sure that the contractor is appropriately registered by visiting the Consumer Affairs website at: <https://www.mass.gov/check-if-your-contractor-is-a-registered-home-improvement-contractor>
- ⇒ Be sure that the contractor has adequate liability and workers compensation insurance in case of any work-site accidents.
- ⇒ Ask the contractor for a list of his or her three most recent projects with names and telephones of the owners so you can call and ask questions about the quality and professionalism of the contractor.
- ⇒ Check with your local Better Business Bureau, the Office of Consumer Affairs and Business Regulation, and/or the Attorney General's Office to see if the contractor has any complaints or if any disciplinary action has been taken against him/her.

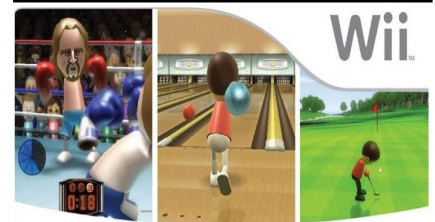
If something goes wrong with your home improvement project, contact the Office of Consumer Affairs to file a complaint or take part in an Arbitration Program. You may visit the Office of Consumer Affairs website at <https://www.mass.gov/orgs/office-of-consumer-affairs-and-business-regulation> or call the consumer hotline at 1-617-973-8787 for more information on how to file a complaint.

### **Anxiety Support Group**



With Steve Coupe

**Tuesdays:**  
2-3:45 pm  
2nd Floor Classroom





### **Wii Bowling**

**Tuesdays & Fridays**

**1:00 - 2:00 pm**

**2nd Floor Board Room**



| Sunday                                                                                                                                     | Monday                                                                                                                                                                                                             | Tuesday                                                                                                                                                                                                                                | Wednesday                                                                                                                                                                                                                     |
|--------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                            |                                                                                                                                  |                                                                                                                                                                                                                                        |                                                                                                                                                                                                                               |
| 2.<br>Open 7:00 AM—12 PM<br>Breakfast and Lunch                                                                                            | 3.<br>7-9 Breakfast Program 50¢<br>8:30-10:30 SHINE councilor<br>8:30 CTI Bone Builders A<br>9:00 Getting Fit<br>12-4 MAH-JONG<br>12—MOVIE!<br>1-1:30 Choral Group Rehearsal<br>1:30 CTI Bone Builders B           | 4.<br>7-9 Breakfast Program 50¢<br>10-12 Commonwealth Nursing<br>10-12 Country Line Dancing<br>10:15-11:15 Tai Chi<br>11:45 Wii ... 12-3:45 Cribbage<br>12-3 Knitting & Crochet<br>2-3:30 Anxiety Support Group                        | 5.<br>7-9 Breakfast Program 50¢<br>8:30 Getting Fit<br>8:30 CTI Bone Builders A<br>9:30-11:30 Blood Pressure<br>10-11 Yoga for Seniors<br>11:15-12 Yoga for Vets<br>1-3 Bingo 1:30-3:30 Quilting                              |
| 9.<br>Open 7:00 AM—12 PM<br>Breakfast and Lunch                                                                                            | 10.<br>7-9 Breakfast Program 50¢<br>8:30-10:30 SHINE councilor<br>8:30 CTI Bone Builders A<br>9:00 COA BOARD MTG<br>9:00 Getting Fit<br>12-4 MAH-JONG<br>1-1:30 Choral Group Rehearsal<br>1:30 CTI Bone Builders B | 11..<br>7-9 Breakfast Program 50¢<br>8:00 CTI meeting (NO Line Dance)<br>8-10 Circle Health Nurse<br>10:15-11:15 Tai Chi<br>11:45 Wii ... 12-3:45 Cribbage<br>12-3 Knitting & Crochet<br>2-3:30 Anxiety Support Group                  | 12.<br>7-9 Breakfast Program 50¢<br>8:30 Getting Fit<br>8:30 CTI Bone Builders A<br>9:30-11:30 Blood Pressure<br>10-11 Yoga for Seniors<br>11:15-12 Yoga for Vets<br>1-3 Bingo 1:30-3:30 Quilting                             |
| 16.<br>Open 7:00 AM—12 PM<br>Breakfast and Lunch<br><br> | 17.<br>7-9 Breakfast Program 50¢<br>8:30-10:30 SHINE councilor<br>8:30 CTI Bone Builders A<br>9:00 Getting Fit<br>12-4 MAH-JONG<br>12—MOVIE!<br>1-1:30 Choral Group Rehearsal<br>1:30 CTI Bone Builders B          | 18.<br>7-9 Breakfast Program 50¢<br>10-12:30 Circle Health Nurse<br>10-12 Country Line Dancing<br>10:15-11:15 Tai Chi<br>11:45 Wii ... 12-3:45 Cribbage<br>12-3 Knitting & Crochet<br>2-3:30 Anxiety Support Group                     | 19.<br>7-9 Breakfast Program 50¢<br>8:30 Getting Fit<br>8:30 CTI Bone Builders A<br>9:30-11:30 Blood Pressure<br>10-11 Yoga for Seniors<br>11:15-12 Yoga for Vets<br>1-3 Bingo 1:30-3:30 Quilting                             |
| 23.<br>Open 7:00 AM—12 PM<br>Breakfast and Lunch<br><br>~~~~~<br>30.<br>Open 7:00 AM—12 PM<br>Breakfast and Lunch                          | 24<br>7-9 Breakfast Program 50¢<br>8:30-10:30 SHINE councilor<br>8:30 CTI Bone Builders A<br>9:00 Getting Fit<br>12-4 MAH-JONG<br>1-1:30 Choral Group Rehearsal<br>1:30 CTI Bone Builders B                        | 25.<br>7-9 Breakfast Program 50¢<br>10-12 Commonwealth Nursing<br>10-12 Country Line Dancing<br>10:15-11:15 Tai Chi<br>11:45 Wii ... 12-3:45 Cribbage<br>12-3 Knitting & Crochet<br>2-3:30 Anxiety Support Group<br>12-3-Brown Bag Day | 26.<br>7-9 Breakfast Program 50¢<br>8:30 Getting Fit<br>8:30 CTI Bone Builders A<br>9:30-11:30 Blood Pressure<br>10:00 Affordable Hearing<br>10-11 Yoga for Seniors<br>11:15-12 Yoga for Vets<br>1-3 Bingo 1:30-3:30 Quilting |



| Thursday                                                                                                                                                  | Friday                                                                                                                                                                                                                                                                            | Saturday                                         |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------|
|                                                                           |                                                                                                                                                                                                                                                                                   | 1.<br>Open 7:00 AM—12 PM<br>Breakfast and Lunch  |
| 6.<br>7-9 Breakfast Program 50¢<br>9:00 Getting Fit<br>10:00 AA Info meeting<br>12-3:45 Cards: 45's<br>1:30 CTI Bone Builders B<br>1-3 Mill City Produce  | 7.<br>7-9 Breakfast Program 50¢<br>8-9:30 Veterans Coffee Social –<br>BOARDROOM<br>9:30 Computer/Tablet Assistance<br>11:30 Poker 11:45 Wii Games<br>1-3 Senior Social \$1.00                                                                                                     | 8.<br>Open 7:00 AM—12 PM<br>Breakfast and Lunch  |
| 13.<br>7-9 Breakfast Program 50¢<br>9:00 Getting Fit<br>10:00 AA Info meeting<br>12-3:45 Cards: 45's<br>1:30 CTI Bone Builders B<br>1-3 Mill City Produce | 14. Flag Day<br>7-9 Breakfast Program 50¢<br>8-9:30 Veterans Coffee Social—<br>BOARDROOM<br>9-10 Veteran's Breakfast<br><b>Guest speaker Matt Elkins</b><br><b>Veterans Council</b><br>9:30 Computer/Tablet Assistance<br>11:30 Poker 11:45 Wii Games<br>1-3 Senior Social \$1.00 | 15.<br>Open 7:00 AM—12 PM<br>Breakfast and Lunch |
| 20.<br>7-9 Breakfast Program 50¢<br>9:00 Getting Fit<br>10:00 AA Info meeting<br>12-3:45 Cards: 45's<br>1:30 CTI Bone Builders B<br>1-3 Mill City Produce | 21.<br>7-9 Breakfast Program 50¢<br>8-9:30 Veterans Coffee Social—<br>BOARDROOM<br>9:30 Comp<br>Tablet Assi<br>11:30 Poke<br>11:45 Wii<br>Games<br>1-3 Senior<br>Social<br>\$1.00<br>          | 22.<br>Open 7:00 AM—12 PM<br>Breakfast and Lunch |
| 27.<br>-9 Breakfast Program 50¢<br>9:00 Getting Fit<br>10:00 AA Info meeting<br>12-3:45 Cards: 45's<br>1:30 CTI Bone Builders B<br>1-3 Mill City Produce  | 28.<br>7-9 Breakfast Program 50¢<br>8-9:30 Veterans Coffee Social—<br>BOARDROOM<br>9:30 Friends Meeting<br>9:30 Computer/Tablet Assistance<br>11:30 Poker 11:45 Wii Games<br>1-3 Senior Social \$1.00                                                                             | 29.<br>Open 7:00 AM—12 PM<br>Breakfast and Lunch |

A commitment to care. A legacy of compassion. This is D'Youville.

**D'Youville**  
LIFE & WELLNESS COMMUNITY

**Short-term Rehabilitation • Long-term Care • Independent Senior Apartments**  
**Adult Day Health • Alzheimer's and Dementia Care • Hospice**

Most insurance plans accepted  
981 Varnum Ave. • Lowell, MA  
(978) 569-1000  
www.dyouville.org

**First Lowell Rehab Apartments**

Effective July 1<sup>st</sup>, 2018, the waiting list for our 2 & 3 bedroom units is now open. Applicants are placed on a waiting list according to the date and time the application is received. All utilities are included. Income restrictions apply. Section 8 vouchers accepted.

Our property is conveniently located near Route 3, Interstate 495 and public transportation. Applications may be picked up at Wingate Management Co., 16 Middle Street, Lowell MA 01852, by calling 978-459-3631 or e-mail Lowell@wingatecompanies.com



# ATTENTION LUNCH PARTICIPANT'S ... VERY IMPORTANT!

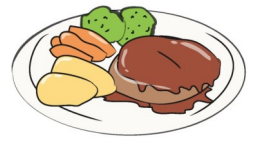
PLEASE MAKE SURE YOU SWIPE IN FOR LUNCH EACH DAY!

If you are planning on enjoying lunch, but have no key tag—Please see Tara for a swipe tag. If you have a key tag but forgot it, please see Tara to add your name to the lunch list. Even if you forgot to swipe-in before lunch, please do so afterwards so we have an accurate count. The Senior Center receives funding from agencies and we must provide accurate counts of participants.

*THANK YOU FOR YOUR COOPERATION AND UNDERSTANDING.*



## Lunch Menu



A donation of \$2.50 is requested for **lunch that is served at 11:30 am**. Tickets are available daily until 10:30 am. Seniors that arrive later must pay cash and will follow ticket holders. **Please be on site no later than 11:30 am, if you want to have lunch.**

Funding for our meal program is made possible by EOE, Merrimack Valley Nutrition, & City of Lowell.

**Menu subject to change!**

| Sunday                                                            | Monday                                                           | Tuesday                                                     | Wednesday                                                                | Thursday                                                  | Friday                                                              | Saturday                                                                 |
|-------------------------------------------------------------------|------------------------------------------------------------------|-------------------------------------------------------------|--------------------------------------------------------------------------|-----------------------------------------------------------|---------------------------------------------------------------------|--------------------------------------------------------------------------|
|                                                                   |                                                                  |                                                             |                                                                          |                                                           |                                                                     | 1. Hot dog & Beans, Hot Dog Rolls, Coleslaw, Peaches                     |
| 2. Chicken Legs, Mashed Potatoes, Green Beans, Wheat Bread, Pears | 3. Chicken Ala King, Rice, Mix Veggies, Wheat Bread, Oranges     | 4. Stuffed Shells, Spinach, wheat Bread, Pineapples         | 5. BBQ Beef Ribs, Mashed Potatoes, Peas, Wheat Rolls, Pudding            | 6. Chicken Dippers, rice, Carrots, Wheat Bread, Mix Fruit | 7. Fish Cakes, Mashed Potatoes, Broccoli, Wheat Bread, Fruit Salad, | 8. Hamburg & Onions, Mashed Potatoes, Broccoli, Wheat Bread, Fruit Salad |
| 9. Roast Turkey, Mashed Potatoes, Pea, Wheat Bread, Pineapples    | 10. Mac & Cheese, Stewed Tomatoes, Broccoli, Wheat Rolls, Pears, | 11. Chicken Cacciatore, Rice, Spinach, Wheat bread, Pudding | 12. Salisbury Steak, Mashed Potatoes, Carrots, Wheat Rolls, Oranges      | 13. Stuff Cabbage, Corn, Wheat Bread, Fruit Salad,        | 14. Fish Squares, Rice, Carrots, Wheat Bread, Pineapples            | 15. Chicken, Mashed Potatoes, Green Beans, Wheat Bread, Oranges          |
| 16. Roast Pork, Mashed Potatoes, Peas, wheat Bread, Banana        | 17. Chicken Fajita Strips, Rice Carrots, Wheat Bread, Pudding    | 18. Stuffed Peppers, Corn, Wheat Bread, Pears               | 19. Chicken Breast Filet, Mashed Potatoes, Spinach, Wheat Rolls, Peaches | 20. Vegetable Lasagna, Broccoli, Wheat Bread, Oranges     | 21. Lemon Pepper Fish, Mashed Potatoes, Wheat Bread, Fruit Cup      | 22. Meat Loaf, Mashed Potatoes, carrots, Wheat Bread, Pears              |
| 23. Spaghetti & Meat Balls, Garlic Bread, Peaches                 | 24. Chicken Cordon Bleu, Mashed Potatoes, Wheat Bread, Oranges   | 25. Veal Patties, Mashed Potatoes, Peas, Wheat Bread, Pears | 26. Pork Chops, Mashed Potatoes, Carrots, Wheat Bread, Pineapples        | 27. Hot Dog & Beans, Hot Dog Rolls, Coleslaw, Pudding     | 28. Fish, Mashed Potatoes, Green Beans, Wheat Rolls, Peaches        | 29. Roast Beef, Mashed Potatoes, Wax Beans, Wheat Roll, Fruit Cup        |
| 30. Chicken Broccoli Ziti, Garlic Bread, Oranges,                 |                                                                  |                                                             |                                                                          |                                                           |                                                                     |                                                                          |





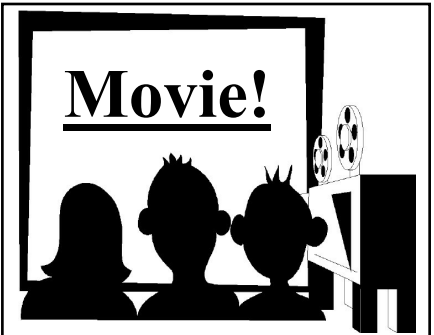
## Summer Olympics

Note: Similarly named events are hidden separately. For example, SWIMMING and SYNCHRONIZED SWIMMING do not overlap.

G T T H E A T H L E T I C S F I R J M S  
 T N R W E I G H T L I F T I N G U O S B  
 L T I L Y M G N I T O O H S P D I C I A  
 L G A L L A B Y E L L O V Y O M N A N S  
 A G T B C S T R A M P O L I N I N G A K  
 B N H T L Y T A O F O O T B A L L N I E  
 Y I L G Y E C A E C H G G I H L G I R T  
 E L O N E A T V E K Y A N P O L N X T B  
 L T N I N E C E R M W T I F C A I O S A  
 L S E E C O T H N S E O C C K B W B E L  
 O E N O L H T A T N E P N R E D O M U L  
 V R O N R E S N N I I O E D Y N R F Q T  
 H W E A N T W I I A N S F S O A N A E D  
 C I S C I T S A N M Y G C I M H T Y H R  
 A A C C O G N I V I D M G N I M M I W S  
 E A S Y R E H C R A W A T E R P O L O N  
 B S O F T B A L L L L A B E S A B E C I  
 G N I M M I W S D E Z I N O R H C N Y S

|                  |                       |
|------------------|-----------------------|
| ARCHERY          | FOOTBALL              |
| ATHLETICS        | GYMNASTICS            |
| BADMINTON        | HANDBALL              |
| BASEBALL         | HOCKEY                |
| BASKETBALL       | JUDO                  |
| BEACH VOLLEYBALL | MODERN PENTATHLON     |
| BOXING           | RHYTHMIC GYMNASTICS   |
| CANOEING         | ROWING                |
| CYCLING          | SHOOTING              |
| DIVING           | SOFTBALL              |
| EQUESTRIANISM    | SWIMMING              |
| FENCING          | SYNCHRONIZED SWIMMING |

TABLE TENNIS  
 TAEKWONDO  
 TENNIS  
 TRAMPOLINING  
 TRIATHLON  
 VOLLEYBALL  
 WATER POLO  
 WEIGHTLIFTING  
 WRESTLING  
 YACHTING



1st & 3rd Mondays  
 12:00 noon  
 Popcorn will be served  
 In the Great Hall

### FREE Daily Bus Ride ... includes Saturday & Sundays!

The Lowell Senior Center offers free transportation to the Senior center 7 days a week EXCEPT HOLIDAYS. Call 978-674-1172 before 9:00 a. m. on the day you want to visit! Mondays, Tuesdays, Thursdays & Fridays bus leaves at 1:00 p.m. or Wednesdays at 3:00 p.m. Saturdays & Sundays at Noon.

### Veteran's I.D. Card

Lowell Residents Only  
 By appointment only:  
 978-674-1596

Must have with you on date of appointment:  
 1) DD214  
 2) Proof of Lowell residence  
 3) Current Picture ID  
 (either Massachusetts license or state ID)





## Welcome Friends

### BOARD OF DIRECTORS

#### **PRESIDENT**

Dr. Joseph M. Downes

#### **VICE PRESIDENT**

Rita M. Mercier

#### **SECRETARY**

Claire Brodeur

#### **TREASURER**

Jacqueline Denison

#### **DIRECTORS**

Joseph Dussault  
Lenny Gendron  
Beverly Gonsalves  
Doris Santos  
Arthur Toupin

~~~~~  
Office: 978-674-1175
~~~~~



**Friday, June 28**

**9:30 am**

**Public Welcome**

## Friends of the Lowell Council on Aging

### **Become a Member of the Friends of the Council on Aging Group:**

The Friends of the Lowell Council on Aging Center Inc. is the fundraising group for the Lowell Senior Center.

Funds raised are utilized for many purposes including:

- ⇒ Kitchen Equipment
- ⇒ Pool Sticks
- ⇒ New felt for the Billiards tables
- ⇒ New Furniture
- ⇒ Provide Needed Financial Support for New Programs and Activities
- ⇒ Social Events

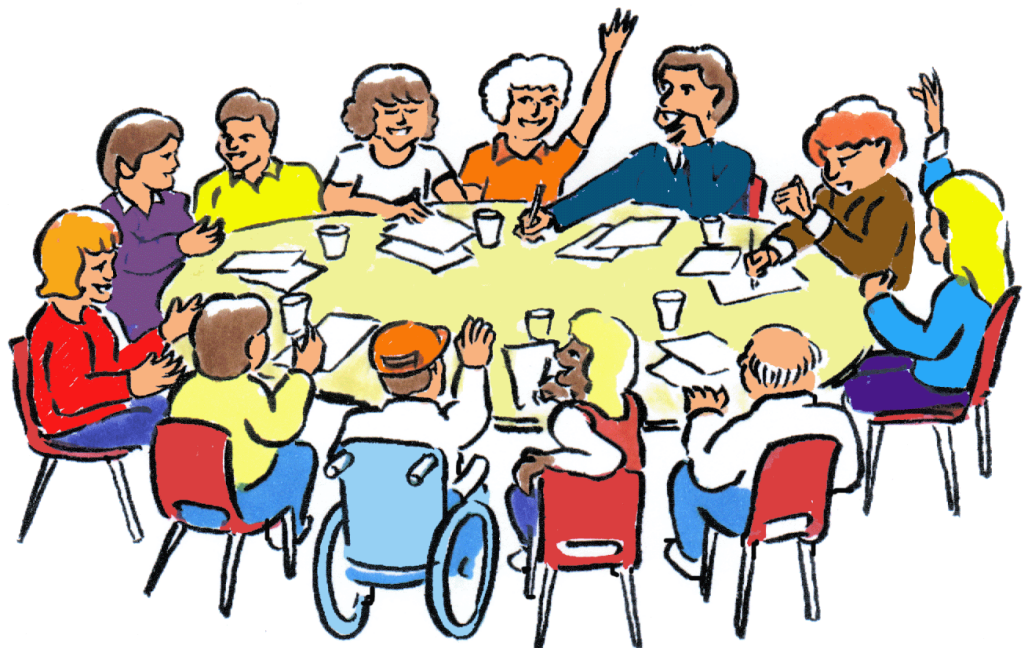
Friend membership includes:

- ⇒ Annual Fee is \$5 Per Person
- ⇒ Monthly Mailing of the "Heritage" Newsletter
- ⇒ Voting Rights

Meetings are held on the last Friday of the month at 9:30 a.m.  
in the Board Room on the second floor of the Senior Center located at:  
Senior Center  
276 Broadway Street  
Lowell, MA 01854

No meetings are scheduled in July and August.

Donations are accepted and happily welcomed.



# UNWANTED MEDICATION AND SHARPS DISPOSAL DAY

Tuesday, June 11, 2019

2:00 pm - 6:00 pm

Lowell Health Department  
341 Pine Street, Lowell



By eliminating  
unwanted medications  
and sharps from your  
home, you are helping  
to keep your family and  
our community safe!

## WE ACCEPT:

- > Prescription Medications
- > Over-the-Counter Medications
- > Liquid Medications
- > Inhalers
- > Syringes
- > Lancets
- > Pen and Pump Needles
- > Narcan (Naloxone) Nasal Spray

*Please remove pills from their bottles  
and place in a plastic bag.*

Free Service! Call 978-674-4304 or visit [www.lowellma.gov](http://www.lowellma.gov) for more information.  
Residential Disposal Only - No Commercial Disposal.

Save the date for our remaining 2019 Disposal Days:  
August 13, 2:00 pm - 6:00 pm  
December 3, 2:00 pm - 6:00 pm





## MARKET MILL APARTMENTS

SECTION 8 ELDERLY HOUSING WINNER OF RHA  
COMMUNITY EXCELLENCE AWARD

We are accepting applications for elderly and  
mobility impaired persons for 1 and 2 bedroom  
apartments. You must be at least 62 years of age to be  
eligible. All rents are based upon your income.

We offer:

- Laundry & Community Room • Resident Activities
- Computer Learning Center • Computer Program

Please call for application to be mailed to you or  
please apply at our office: 246 Market St., Lowell, MA

Managed by: Peabody Properties, Inc. TDD# 1-800-439-2370



**978-454-8030**



## Centennial Island Apartments

Accepting applications for the waitlist  
for 1-2 bedroom Section 8 housing in Lowell.

Must income qualify.

Equal Housing Opportunity.

We do not discriminate on the basis of disability



For info contact

**978-454-5581**

ty 800-439-2370



## Merrimack Valley's Finest Affordable Housing

### *The Wentworth* *A Place to Call Home*

NOW ACCEPTING APPLICATIONS

Privately owned building in historic section of downtown Lowell.

Studio & one bedroom apartments.

Specially designed for people 62 years old and over and for  
handicapped/disabled individuals who are 18 years old and over.

Income requirements, please call for more info.

1 Shattuck Street Lowell, MA

**(978) 454-4830**

**TDD: 1-800-439-2370**



*A Boston Land Company Community*



Let Us Assist You With Pre-Planning Arrangements

### *McDonough Funeral Home*

14 Highland Street, Lowell

**978-458-6816 • www.mcdonoughfuneralhome.com**



## Washington SAVINGS BANK

Lowell • Dracut

**(978) 458-7999**

[washingtonsavings.com](http://washingtonsavings.com)

MEMBER FDIC  
MEMBER DIF



## Commonwealth NURSING SERVICES

- Registered & Licensed Nurses
- Home Health Aides • Homemakers

Affordable 7 days per week 2 hours to 24 hours

847 Rogers Street, Lowell, MA

**978-459-7771**

Angela Callahan RN, Administrator



**(978) 441-0911**

[www.pridestarems.com](http://www.pridestarems.com)

Greater Lowell

## AMBULANCE AND CHAIRCAR TRANSPORT

"People, Passion, Performance."

Compare our rates with the competition

Request PRIDEStar for all your medical transportation needs

## TOWNEHOUSE OF LOWELL APARTMENTS SOUTHWICK BLOCK APARTMENTS

Now Accepting Applications for 1&2 Bedroom  
units for persons 62 years of age or older,  
and 1 bedroom accessible units. All utilities  
are included. Rents are based on 30% of your  
adjusted gross income.



Wingate Management Company, LLC  
16 Middle Street • Lowell, MA 01852  
**978-459-3631**



**Cox Fuel**  
316 Plain St  
Lowell, Ma.  
01852  
**978-454-7887**

Fuel Oil  
Premium Wood Pellets  
Heating Equipment Installations  
"Serving Greater Lowell Since 1927"  
316 Plain St. Lowell, MA 01852  
Office 978-454-7887  
([www.coxfuel.com](http://www.coxfuel.com))  
FREE ESTIMATES

## Congdon Law Offices

Jerry S. Congdon, ESQ

**Wills • Trusts • Probate  
Real Estate • Elder Law**

**978.500.5978**

WILL VISIT YOU  
IN YOUR HOME

1310 Main St., Tewksbury, MA 01876

## HOMECARE FOR SENIORS

Our experienced caregivers  
provide assistance after  
surgery or injury.

We care everyday, every way.

*Visiting*  
**Angels.**  
Living Assistance Services

**978-244-0200 • www.visitingangels.com**

*The complete care you've come to expect from the area's most trusted hospital.*



## LOWELL GENERAL HOSPITAL

Main Number: 978-937-6000

Physician Referral Line: 1-877-LGH-WELL  
(1-877-544-9355)

- ✓ 24-Hour Emergency Service with Primary Stroke Service
- ✓ Diagnostic Imaging (Mammography, CT, MRI, Ultrasound and X-ray)
- ✓ Ambulatory (Day) and Inpatient Surgery
- ✓ Complete Cardiac Care
- ✓ Physical and Occupational Therapy
- ✓ Laboratory Services
- ✓ Health Education and Wellness Classes
- ✓ Pain Management and more!

*Expertise. Service. Integrity. We get it.*

295 VARNUM AVENUE, LOWELL, MA 01854

TEL: 978-937-6000 ~ TTY: 978-937-6889 ~ WWW.LOWELLGENERAL.ORG

## Congdon Law Offices

Jerry S. Congdon, ESQ

Wills • Trusts • Probate  
Real Estate • Elder Law

**978.500.5978** WILL VISIT YOU  
IN YOUR HOME

1310 Main St., Tewksbury, MA 01876

**Personal-Touch**  
HOME HEALTH SERVICES

**CHRP**

*The People with a Heart  
for Over 35 Years™*

**1-800-224-0594**

• Skilled Home Care • Private Service  
CHAP Accredited

RN's MSW Homehealth Aides, HMBTCA  
Skilled Nursing, Rehab, Infusion,  
Cardiac, Rehab

Medical/Medicaid Certified, Private Insurance  
24 Hours a Day/7 Days a Week  
15 Tyngsboro Rd., N. Chelmsford  
www.pthomecare.com

## Audio Hearing Center

30 Years of Service

Audiologist & Hearing Instrument Specialist

**We can help you HEAR better**

77 East Merrimack Street

**978-454-1966**

www.audiohearingcenter.com

100% Financing Available

## Merrimack River Valley House

Gracious individualized residential care for women since 1867

Call Today for a Personal Tour

**978.452.1181**

520 Fletcher St.

Lowell, MA 01854

www.rivervalleyhouse.org

- Lovely Victorian Setting
- Caring, Attentive Staff
- Very Affordable Rates

## Blaire House of Tewksbury

A SENIOR LIVING COMMUNITY

*Caring &  
Compassion*

coupled with high standards of  
healthcare delivery make  
**Blaire House of Tewksbury**  
a perfect choice when deciding on a  
Senior Living Community.

Adult Day Health Care • 24-hour Nursing Care  
Assisted Living Residence • Respite Care  
Transportation



**TAKE A TOUR TODAY!**

10 Erlin Terrace, Tewksbury, MA 01876

For more information contact:

Sarah Coletti at 978.382.8741 or scoletti@egmcare.com  
www.elderservices.com • Family Owned & Operated

We have  
special  
AD space  
for you  
**TODAY!**

978-392-1302

## LOWELL SUN APARTMENTS

### FATHER JOHN'S APARTMENTS

Rent is based on 30% of adjusted gross income.  
Elderly age 62 and over or those requiring a mobility  
accessible unit. Near-Elderly Families ages 50-61  
with a disability. All applicants must meet income and  
eligibility requirements.

Hours: M-F 9am-2pm  
Management Office:  
73 Market Street, Lowell, MA 01852  
TTY: 711 National Voice Relay

**978-454-0229**

Equal Housing Opportunity  
Handicap Accessible Units



**Northwood**  
Rehabilitation & Health Care Center

- Short-Term Rehabilitation
- Long-Term Care
- Memory Care in a Secure Unit
- Hospice Care
- Respite Care

*Come tour our beautiful facility.*

Northwood Rehabilitation & Health Care Center • 1010 Varnum Avenue, Lowell, MA 01854

978-458-8773

athenanh.com/northwood  
Managed by Athena Health Care Systems



# MAZUR PARK APARTMENTS

227 Fayette Street • Lowell • 453-5380

Call for application  
30% of income is your rent



## QUALITY ELDERLY HOUSING

**LUZ GRANITE CORP.**  
Beautifully Crafted memorials

Free Pre-Need Consultations

Adrian Luz, Jr.

978-459-9799

1208 Gorham St. Lowell, MA

[www.luzgranite.com](http://www.luzgranite.com)



- Alzheimer's Specialty Care
- Short-Term Rehabilitation
- Adult Enrichment Programs
- Hospice
- Beautifully Landscaped Courtyards

*Exceptional care in a  
quiet country setting*  
The only skilled nursing in Billerica  
80 Boston Road  
North Billerica, MA  
978-667-2166

## MEDICAL ALARMS PROTECTING SENIORS NATIONWIDE



- ✓ 25+ Yrs. in Business
- ✓ A+ Rated with BBB
- ✓ Dr. Recommended
- ✓ Made in the USA
- ✓ Waterproof Button
- ✓ Price Guarantee
- ✓ Monitored in the USA
- ✓ Lifetime Warranty
- ✓ Tax Deductible\*

**\$19.95\*\*/Mo. - Holiday Special**

**Toll Free: 1-877-801-5055**



\*Check with your accountant \*\*First three months only



## SHOW YOUR SUPPORT

sponsor your  
local newsletter  
Call: 978-392-1302



## Pro Rehab, Inc.

Outpatient Physical Therapy Clinic

- ❖ TOTAL KNEE AND HIP REPLACEMENT
- ❖ BALANCE & COORDINATION
- ❖ FALL PREVENTION
- ❖ MUSCLE WEAKNESS
- ❖ BACK AND NECK PAIN
- ❖ SURGERY REHAB
- ❖ SPORTS INJURIES
- ❖ AND MANY MORE!



[WWW.PROREHABINC.COM](http://WWW.PROREHABINC.COM)

Lowell Office  
Across the Senior Center  
978-452-6633

Chelmsford Office  
227 Chelmsford Street  
978-256-3300

MOST INSURANCES ACCEPTED- EVENING HOURS AVAILABLE

## TIRED OF CLIMBING STAIRS?

- New, Rental, Referred Stairlifts
- Indoor, Outdoor, Custom Curve
- In Stock, FAST installations
- Wheelchair Ramps & More!

**Free  
Info Kit  
by Mail**

**Free  
Home Evalua-  
tion**



866-321-4442

[www.HudsonAccess.com](http://www.HudsonAccess.com)

## O'Donnell Funeral Home

DISCOVER THE DIFFERENCE

**FREE PRE-NEED  
PLANNING**

**978-458-8768**

John W. Crane • James F. O'Donnell, Jr.

[www.odonnellfuneralhome.com](http://www.odonnellfuneralhome.com)

Friends of the Lowell Council on Aging, Inc.  
276 Broadway Street  
Lowell, MA 01854

[www.lowellma.gov/seniors](http://www.lowellma.gov/seniors)

NON-PROFIT ORG  
US POSTAGE  
PAID  
LOWELL, MA  
PERMIT 107

## Inside

- 2 Contacts
- 3 Trips
- 6 Doctor's, Nurse's & More!
- 10 Calendar Events
- 12 Lunch Menu
- 14 Puzzles and More

For those who prefer reading  
The Heritage Newsletter online,  
please do the following:

Enter: [www.lowellma.gov](http://www.lowellma.gov)

Click on: Departments

Click on: Senior Center

Click on: The Heritage  
Newsletter



FUNDING FOR OUR NEWSLETTER IS PROVIDED BY THE EXECUTIVE OFFICE OF ELDER AFFAIRS, THE CITY OF LOWELL,  
THE FRIENDS OF LOWELL COUNCIL ON AGING INC & OUR GENEROUS ADVERTISERS.

# Syringe Drop-off Sites In Lowell

### Lowell Health Department

341 Pine St.  
Lowell, MA 01851  
(978) 674-4304  
*Mon, Wed, Thurs:*  
8:00 am - 5:00 pm  
*Tues:* 8:00 am - 8:00 pm

### Lowell Senior Center

276 Broadway St.  
Lowell, MA 01854  
(978) 674-1172  
*Mon - Fri:*  
6:30 am - 4:00 pm

### Lowell Regional Wastewater Utility

451 First St. Blvd.  
(Rt. 110 at Dracut Line)  
Lowell, MA 01850  
(978) 674-4248  
*Last Saturday of each month*  
8:00 am - 12:00 pm

### Lowell House Addiction Treatment and Recovery

101 Jackson St.  
Lowell, MA 01852  
(978) 459-8656  
*Mon - Thurs:*  
9:00 am - 8:00 pm  
*Fri:* 9:00 am - 4:00 pm  
*See Front Desk for assistance*

### Life Connection Center

192 Appleton St.  
Lowell, MA 01852  
(978) 997-0588  
*Mon - Fri:*  
11:00 am - 4:00 pm  
*Call TJ for assistance*  
(978) 935-1801

These sites will accept your sharps in a sharps container or a puncture proof container, such as a rigid liquid detergent bottle or bleach bottle.

These sites will not accept commercially generated sharps. All sites provide free sharps containers while supplies last.



**Lowell Health  
Department**  
Prevent • Promote • Protect

Medication Drop-Off Sites include the  
24/7 Medication Kiosk at the Lowell Police Department  
50 Arcand Drive, Lowell, MA 01852 (978) 937-3200